



Potato-Onion Soup

READY IN



45 min.

SERVINGS



6

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 42.8 ounce no-salt-added beef broth divided canned
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flour all-purpose
- ☐ 6 ounce bread french
- ☐ 6 cloves garlic minced
- ☐ 3 cups hash brown potatoes frozen southern-style
- ☐ 4 cups onion sliced
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 5 ounces swiss cheese shredded reduced-fat
- ☐ 1 tablespoon water
- ☐ 2 teaspoons worcestershire sauce low-sodium

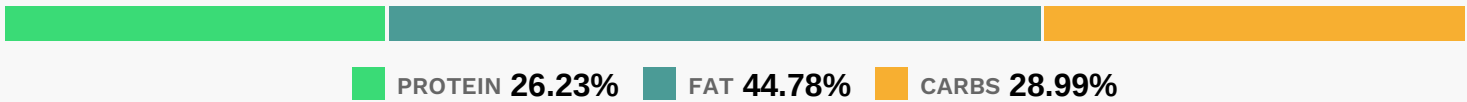
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- ☐ Add onion; saute 5 minutes or until tender.
- ☐ Add water; reduce heat to medium-low. Cook, uncovered, 25 to 30 minutes or until onion is golden, stirring occasionally.
- ☐ Sprinkle flour over onion; gradually stir in 1 can broth. Bring to a boil, stirring constantly.
- ☐ Add remaining 2 cans broth, potato, and next 5 ingredients. Bring to a boil; cover, reduce heat, and simmer 15 minutes.
- ☐ Place 6 ovenproof bowls on a baking sheet.
- ☐ Place 1 bread slice in each bowl; ladle 1 1/2 cups soup into each bowl.
- ☐ Sprinkle evenly with cheese. Broil 5 1/2 inches from heat (with electric oven door partially opened) 4 minutes or until cheese is golden.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:20.54, Inflammation Score:-7, Nutrition Score:31.130000058724%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 21.71mg, Quercetin: 21.71mg, Quercetin: 21.71mg, Quercetin: 21.71mg

Nutrients (% of daily need)

Calories: 665.16kcal (33.26%), Fat: 32.87g (50.58%), Saturated Fat: 10.71g (66.97%), Carbohydrates: 47.89g (15.96%), Net Carbohydrates: 43.7g (15.89%), Sugar: 6.42g (7.13%), Cholesterol: 117.34mg (39.11%), Sodium: 2854.38mg (124.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.33g (86.66%), Vitamin C: 72.25mg (87.57%), Selenium: 52.48µg (74.97%), Vitamin B12: 3.99µg (66.54%), Vitamin B3: 10.85mg (54.25%), Phosphorus: 500.76mg (50.08%), Zinc: 7.45mg (49.66%), Vitamin B6: 0.89mg (44.74%), Vitamin B2: 0.59mg (34.53%), Iron: 6.14mg (34.14%), Potassium: 1150.98mg (32.89%), Vitamin B1: 0.48mg (31.71%), Calcium: 301.34mg (30.13%), Manganese: 0.58mg (28.95%), Copper: 0.44mg (21.92%), Folate: 75.88µg (18.97%), Magnesium: 71.14mg (17.79%), Vitamin B5: 1.75mg (17.55%), Fiber: 4.19g (16.75%), Vitamin K: 1.13µg (1.08%)